



MARSHAL MATTERS MARCH 2021 EDITION

Marshal's Minute.....	2
Employee Spotlight.....	3
Women's History Month.....	4-5
Coffee with the Chief.....	6
OSFM DEI Working Group.....	7
100 Club of Illinois.....	8-9
OSFM Resiliency/Mental Health Links.....	10
Peer Support Class- Mt. Vernon.....	11
IFSA Safety Series.....	12
IFSI Minute.....	13-14
Cyber Training.....	15

Training Opportunity.....	16
Severe Weather Preparedness Week.....	17
National Sleep Awareness Week.....	18
Stand Up 4-Grain Safety Week.....	19
Brain Injury Awareness Month.....	20
Home Oxygen Use Safety.....	21
Smoking Safety.....	22
Spring Cleaning Safety.....	23-24
Kudos/Shout Outs.....	25
Kid's Corner.....	26-27

Marshal's Minute-State Fire Marshal Matt Perez



We are a year into the pandemic now and thankfully we are seeing numbers of firefighters and paramedics impacted by COVID-19 declining. Thank you for your reporting of quarantines and positive cases since we started tracking these numbers a year ago this month. The OSFM is suspending sending out the weekly report due to the declining number of quarantines and positive case reports. I continue to work closely with the Governor's Office, state agencies and departments statewide to help provide the resources we need to see us through this pandemic.

Your continued efforts to mitigate the spread of the virus in your firehouses and communities is really showing in the numbers we see daily. Please, continue to encourage your staff to get the vaccine, wear the proper PPE when treating patients, and maintaining good hygiene habits. Don't let your guard down now, we have made tremendous progress in the fight against COVID-19 now is not the time to let up. Working together we will see an end to this pandemic and a return to a more normal life again soon. Remember; One Team One Fight!



In other news, the OSFM is excited that as of March 1st the 100 Club of Chicago is officially the 100 Club of Illinois. This is exciting news as firefighters will have the same access to resources statewide as their fellow brothers and sisters were receiving in Chicago. The 100 Club of Illinois is committed to providing for the Families of Fallen First Responders and supporting active duty First Responders serving our communities. According to <https://100clubil.org>, the 100 Club of Illinois provides resources, several forms of financial support, access to training, and moral support to both families of fallen first responders killed in the line of duty and active duty first responders throughout the state of Illinois. All sworn federal, state, county and local first responders stationed in Illinois are included.

The stresses the pandemic has added to our everyday life, our work and family balance can be hard to manage, if you don't have the proper coping tools available in your toolbox. The OSFM will be adding links to organizations that provide resiliency and mental health assistance on our website, links will be available on our resource page. It's important to know that you are not alone, there is help available! Reaching out for help doesn't make you weak, the resources and help will only make you stronger both personally and professionally. The fire service is a brotherhood and that brotherhood provides a support system that can help everyone. Keep fighting hard, but always remember to keep your mental health a top priority!

Employee Spotlight



Lauren Doherty

Elevator Inspector

Where are you originally from? Chicago, IL

Tell us about your family? I am married to a smart and wonderful husband of 15 years. I have 2 children. My son is 17 years old and my daughter is 6 years old.

Favorite food(s)? Chicken marsala

Hobbies? Singing, dancing, arts and crafts, painting, & swimming

What's your favorite movie or book? My favorite movie is Anger Management and my favorite book is Revolution in World Missions by K.P. Yohannan

When you get in the car what type of music will be coming out of your speakers? Christian music such as Mandisa, Tauren Wells, Skillet, Blanca, & CeeCee Winans.

What did you want to be when you were a kid? To work in hospital pediatrics. I had cancer (ALL-Leukemia) at age 5. I can still vividly remember the hope that the support staff and volunteers such as the Fire fighters provided. I can happily say that I am now 35 years cancer free! 😊

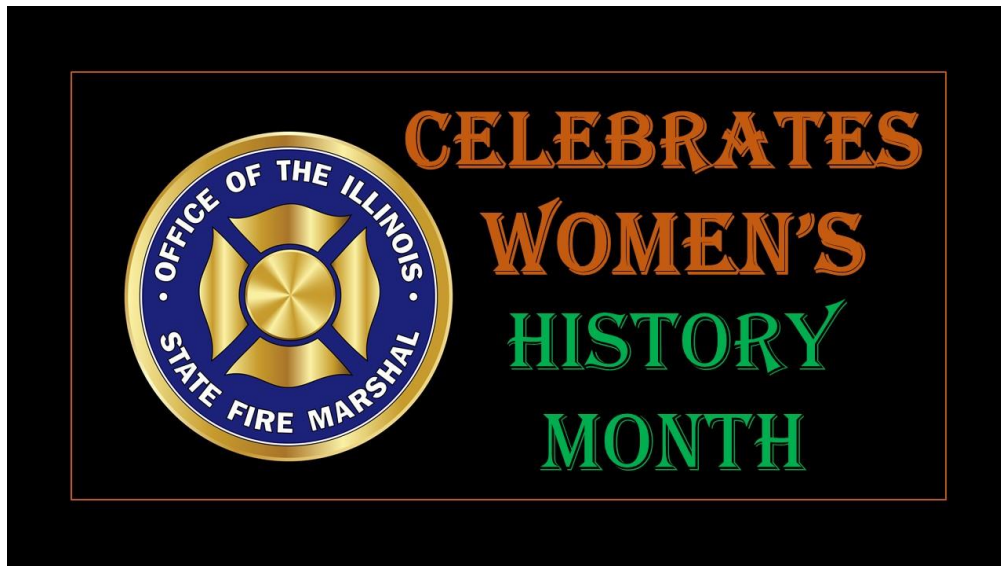
What's your favorite part of the job? Helping others

What's something unique about you? My sense of humor

Where is your favorite place to vacation? Anywhere where I don't have to work 😊

Where is your bucket list destination? A log cabin trip with hiking, fishing, and hunting.

Women's History Month



The OSFM celebrated Women's History Month during March. Only 8% of all firefighters in the U.S. are women. Women only account for 4% of career firefighters and 11% of volunteer firefighters. We visited with a few individuals who shared their unique stories.

The U.S. Fire Administration (USFA) wants to recognize this important month by making fire service leaders aware of how USFA can help them support women and tackle the unique issues they face on the job. The USFA also wants to make women aware of the professional development and teaching opportunities that await them at the National Fire Academy.

https://www.usfa.fema.gov/current_events/030321.html



Cathy Stashak from the OSFM's Technical Services Division shares her story. Cathy started as a firefighter/paramedic and her love of codes grew over time. She transitioned to the fire prevention office and then found her way to the OSFM. Learn about her unique story and how you can do anything you put your mind to.

<https://youtu.be/itWz1OUOVwk>

Women's History Month

The OSFM's Special Projects/HR Director Jodi Schrage has an inspirational message about choosing a field that fits you. Learn about her many experiences that has led her to the OSFM.

https://youtu.be/Dc_f_kYoW_M



Division Chief Heather Moore from the Springfield Fire Department and the Illinois Fire Service Institute shares her story. Chief Moore encourages everyone to try, anything you want to do pursue it, and find out if you can do it.

<https://youtu.be/pEBtpPrwDDM>

Coffee with the Chief



After a year long break due to COVID-19, Coffee with the Chief is back!

March is Women's History Month and Fire Marshal Perez visited with Broadview Fire Chief Tracy Kenny.

Learn more about the Broadview Fire Department and Chief Kenny's goals and future aspirations for the department. Chief Kenny talks about her journey to the Chief job and gives some advice to those interested in joining the fire service.

<https://youtu.be/E0zRqQiAAW0>



OSFM DEI Working Group



The Office of the Illinois State Fire Marshal (OSFM) is committed to and values diversity among Agency staff. A Diversity, Equality and Inclusion (DEI) working group has been established to provide recommendations to the State Fire Marshal regarding the implementation of our agency DEI policy goals.

Diversity refers to the specific traits and characteristics that make people unique, such as race, ethnicity, gender or sexual orientation. Inclusion involves empowering and encouraging those classified as diverse to work together in a collaborative way to further the organizations mission. Equality means every individual has an equal opportunity to live prosperous lives and advance their skill sets.

The OSFM sees diversity as a strength, and inclusion as a way to leverage that strength into action. A diverse agency will help bring different ideas to the table and further and strengthen the mission of the agency.

The OSFM encourages our partners to embark on this journey and evaluate their organizations DEI efforts. Establishing a working group helps to build trust amongst diverse groups and will strengthen organizations as more voices, ideas and collaborative efforts are embraced.

100 Club of Illinois

100 Club of Illinois Statewide Support

The 100 Club of Illinois, formally 100 Club of Chicago, is excited to announce our 2021 expansion initiative to deliver support and resources to the first responder community throughout the State of Illinois. For the past 55 years, the Club has provided support for the families of first responders who have lost their lives in the line of duty. As we proceed with expanding our mission throughout the state, we will continue to offer these services as well as many new programming initiatives.

The Club will now offer assistance to ALL families in the State of Illinois who lose a loved one in the line of duty. We have pledged to make sure that all families have access to resources and the support of our community.

The Club will now offer safety and wellness trainings, access to emergency funds and strategic support services to ALL active duty first responders in the State of Illinois.

Programming opportunities now available for our 100 Club families, student scholars, and active duty first responders:

- Fallen first responder family assistance
- Long term family financial assistance
- Scholar mentorship & resiliency training
- 100 Club family wellness & resiliency programs
- First responder wellness & resiliency programs
- First responder financial assistance
- Advisory Council for support services
- Statewide liaisons for community support

We thank you for your continued support of the 100 Club mission and your partnership and collaboration as we grow to serve all first responders in Illinois.

For more information visit www.100clubIL.org.

Caitlyn Brennan
CEO
100 Club of Illinois
cbrennan@100clubIL.org
708-507-4654

100 Club of Illinois

100 Club Challenge

APRIL - AUGUST 2021

WE NOMINATE YOU
PROMOTING HEALTH AND WELLNESS

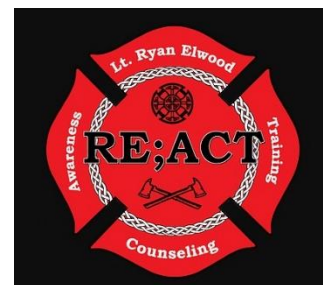
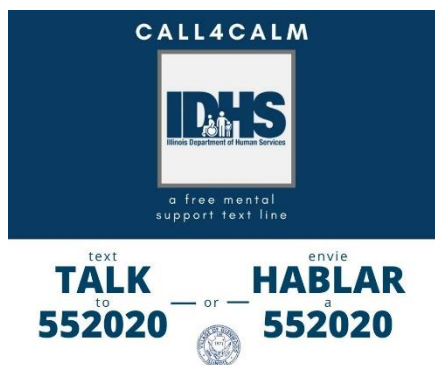


#100CLUBCHALLENGE

OSFM Website Adds Resiliency/Mental Health Links

Statistics show 1 in 4 people suffer from some form of mental illness in any given year. Firefighters are three times more likely to die from suicide than in the line of duty. According to the Firefighter Behavioral Health Alliance, 105 firefighters took their own lives in the United States in 2014. The US Firefighters Association (USFA) reports that about 10 percent of firefighters may be abusing illicit substances and that alcohol abuse among this population is more than twice the rates seen in the general public. Post-traumatic Stress Disorder, depression, and suicidal thoughts and behaviors among first responders are also common and believed to be triggered or worsened by repeat exposure to trauma, including physical abuse and death among the people they serve, loss of people close to them, and life-threatening situations.

Help is available and know it's okay to ask for help. The OSFM has added links on our website to resources available to first responders suffering from mental struggles. Visit <https://www2.illinois.gov/sites/sfm/Resources/Pages/First-Responder-Resiliency-Mental-Health-Resources.aspx> to find these resources. Don't wait, reach out if you need help!



Peer Support Class- Mt. Vernon

www.ilffps.org



Illinois Fire Fighter Peer Support

PEER SUPPORT TRAINING COURSE

When:

Saturday April 24, 830am-4pm

Sunday April 25, 830am-4pm

Where:

**The Crossroads Hospital
#8 Doctors Park Road
Mount Vernon, IL 62864**

Cost: \$0 This class is supported with grant funds from the State Fire Marshall

Please go to ilffps.org and click on the registration page to submit your application.

Any questions feel free to contact us at ilffps1@gmail.com

Upon successful completion of the training, participants will be a member of the Peer Support team. As a member you will potentially meet one on one with peers and provide peer support every day to your co-workers. You will also be asked to attending formal events like Road To Help and Re;act. We will also be looking for people to write articles for our blog.

IFSA Safety Series



Illinois Fire Safety Alliance

SAFETY SERIES

Facebook Live Broadcasts

facebook.com/IllinoisFireSafetyAlliance/events

2021 SERIES SCHEDULE

Smoke Alarms Save Lives: March 31

Bonfires, Firepits, & Grilling: May 4

Scald Prevention: June 2

Fire Risks for Older Adults: September 29

Cooking Safely: November 3

Home Heating & Holidays: December 2

Sessions begin at 2:00PM

PRESENTERS INCLUDE

Chicago Fire Department

Countryside Fire Protection District

Joliet Fire Department

Naperville Fire Department

Rockford Fire Department

Springfield Fire Department

Moderated by
Illinois Fire Safety Alliance Staff

Safety information provided by the
best of the Illinois Fire Service

Supported by:

THE ILLINOIS FIRE SAFETY ALLIANCE IS A NONPROFIT
ORGANIZATION DEDICATED TO FIRE SAFETY, BURN
PREVENTION, AND SUPPORTING BURN SURVIVORS

TO LEARN MORE, VISIT WWW.IFSA.ORG



IFSI Minute

AN UPDATE FROM THE ILLINOIS FIRE SERVICE INSTITUTE



Illinois Fire Service Institute spring training deliveries continue across the State.

In the past month, we have offered courses in the Engine Company Operations, Advanced Technician Firefighter (ATF), Smoke Divers, Truck Company Operations, Structural Collapse Rescue, Confined Space Rescue, Officer, Leadership Development and Decision Making, Investigation and Prevention, and NIMS/ICS Programs. This list does not include the countless Cornerstone Program training opportunities or the Basic Operations Firefighter (BOF) Blended or Fire Academy classes. We are busy! But, we remain focused on our efforts to provide top-quality and relevant training opportunities to all areas of the state.

SPECIAL EVENT UPDATE: **FIRE COLLEGE**

Registration for the 97th Annual Fire College opens April 15.

The IFSI Annual Fire College offers four days of innovative and top-quality training for first responders. Since 1925, IFSI has delivered on our statutory commitment to provide affordable, essential skills training during an annual Fire College. Over these 97 years, the event has incorporated the addition of more advanced training opportunities utilizing state-of-the-art equipment and curriculum at the forefront of national training standards. Despite these progressive changes, year after year, one thing remains consistent. Fire College is truly an annual "homecoming" for IFSI students, instructors and staff, offering the opportunity for training, networking, and camaraderie with fellow members of the fire service. **It is an event unlike any other.**

The 97th Annual Fire College will be no exception to this standard. IFSI has developed the 2021 program to offer a large selection of course topics, including new class options and the usage of new training props. Students can choose from 44 courses located at 3 training locations. IFSI has dispersed the training event across the state again this year to support potential student and department travel limitations and those unable to commit to weekday training.

Regardless of course or training location selection, students will have access to the top fire service professionals in the industry. Our dedicated and talented Fire College instructor team will quickly engage, motivate, and inspire students to develop and refine their skills.

We invite you to come "home" to Fire College in Champaign, Swansea, or Cherry Valley this June.



IFSI Minute

EXPLORER CADET FIRE SCHOOL

Due to University of Illinois COVID-19 restrictions, the 2021 Explorer Cadet Fire School will be restricted to a one-day event, rather than the traditional four-day format. Additionally, students and chaperones will not be provided overnight lodging as part of the event.



Despite this reality, a full day of challenging, safe and fun training will be provided utilizing the many Champaign props and resources. The event will offer the traditional skill level course options (Beginner and Advanced) and incorporate repetitive live fire training activities.

Complete event details are available on the IFSI website: fsi.illinois.edu.

TRAINING OPPORTUNITIES:

Five more no cost Light and Fight training dates are available this spring. Classes are available in Champaign, Rockford, and Salem. All locations offer a full day of hands-on, live fire training.



We continue to be grateful for your support in the fulfillment of our mission.

Cyber Training



Cybersecurity Workforce Certification Training

Free online live training for transitioning military (veterans, national guards, etc.), first responders (law enforcement, EMT, etc.), and other adult learners.

Earn three Industry and Government recognized certifications and gain pathways to pursue degree programs at participating institutions

- Cybersecurity-System Administration
- Cybersecurity-Artificial Intelligence
- Cybersecurity-Digital Forensics

Topics covered: Windows and Linux computer technologies, cloud technologies, computer networks, Python programming, cybersecurity fundamentals, ethical hacking, Internet of Things hardware security, computer and mobile forensics, artificial intelligence and machine learning.

Register Today!

Brooke Rogan: (219) 989-2603, cyberworkforce@pnw.edu

For more information about the program and registration visit:

<https://www.cwct.us>

Lead by
PURDUE UNIVERSITY NORTHWEST



in collaboration with



Cybersecurity Workforce Development

This project is supported by National Security Agency (NSA) Grant #H98230-20-1-0351.

Since 2014, Purdue University Northwest has been a National Center of Academic Excellence in Cyber Defense Education (CAE-CDE 4Y) designated jointly by the NSA and the U.S. Department of Homeland Security (DHS).

PURDUE UNIVERSITY NORTHWEST

(219) 989-2400 | 2200 169th Street, Hammond, IN 46323 • (219) 785-5200 | 1401 S. U.S. 421, Westville, IN 46391

Training Opportunity

Training Opportunity

TRAINING PROGRAM MANAGER PILOT COURSE

The OSFM and Illinois Society of Fire Service Instructors are partnering to offer a pilot course for Training Program Manager (TPM), May 19-21, 2021 (8:00 AM to 5:00 PM) at the ParaDice Casino Hotel, 21 E Blackjack Blvd, East Peoria. This pilot course is limited to 24 attendees.

To register, please visit the Illinois Society of Fire Service Instructors website, https://www.ill-fireinstructors.org/classes/detail.cfm?class_id=355

TRAINING OFFICER (TO) BOOTCAMP

In addition to the TPM Pilot course, the Illinois Society of Fire Service Instructors is hosting a TO Bootcamp, May 21 (6:00 PM) to May 23 (Noon) at the ParaDice Casino Hotel, 21 E. Blackjack Blvd, East Peoria.

This is a grant funded course. Registration fees, lodging and food are provided by the grant. The TO Bootcamp is limited to 50 attendees. To register, please visit the Illinois Society of Fire Service Instructors website, https://www.ill-fireinstructors.org/classes/detail.cfm?class_id=356

TRAINING



Severe Weather Preparedness Week

Severe Weather Preparedness Week 2021 in Illinois was March 1-5.

Severe weather can occur any month and anytime of the day. NOW is the time to prepare...don't wait until severe storms are forecast...it may be too late!!

-Create a severe weather plan and practice the plan.

-Identify your storm shelter. A basement is the best location, if you don't have a basement, choose the most interior room on the lowest level of your home. Put as many walls between you and the outside of the home as possible.

-Put together a survival kit. A guide to help put together this kit is available at www.ready.illinois.gov.







-Understand weather terminology (watch vs. warning, severe thunderstorm, hail size, flood warnings...ect). Watch means prepare, warning means ACT.

-Have multiple ways to receive a warning. Weather radio, cell phone notifications, AM/FM radio and keep your TV turned to a local broadcast station.

Great tips can be found by visiting: www.weather.gov/ilx/severe-prep or weather.gov

Spotters are a vital part to the warning process. The National Weather Service is offering virtual weather spotter classes this year. Visit your local weather office or neighboring offices websites to find out times for these classes.

Understanding Severe Thunderstorm Risk Categories

THUNDERSTORMS (no label)	1 - MARGINAL (MRGL)	2 - SLIGHT (SLGT)	3 - ENHANCED (ENH)	4 - MODERATE (MDT)	5 - HIGH (HIGH)
No severe* thunderstorms expected	Isolated severe thunderstorms possible	Scattered severe storms possible	Numerous severe storms possible	Widespread severe storms likely	Widespread severe storms expected
Lightning/flooding threats exist with all thunderstorms	Limited in duration and/or coverage and/or intensity	Short-lived and/or not widespread, isolated intense storms possible	More persistent and/or widespread, a few intense	Long-lived, widespread and intense	Long-lived, very widespread and particularly intense
					

* NWS defines a severe thunderstorm as measured wind gusts to at least 58 mph, and/or hail to at least one inch in diameter, and/or a tornado. All thunderstorm categories imply lightning and the potential for flooding. Categories are also tied to the probability of a severe weather event within 25 miles of your location.








National Weather Service

www.spc.noaa.gov



Understanding Severe Weather Hazards

Tornado	Tornadoes are violently rotating columns of air that can destroy buildings and cause significant injury or death ACTION: Take shelter immediately in a sturdy structure
	
Large Hail	Hail can damage vehicles, crops, buildings, and cause injuries ACTION: Move indoors away from windows
	
Strong Wind	Strong wind can knock over trees and damage buildings ACTION: Move indoors away from windows
	
Heavy Rain	Heavy rain can cause flash flooding ACTION: Avoid rising creeks and water-covered roads
	
Lightning	Lightning strikes can cause significant injury or death ACTION: Move indoors if you hear thunder
	



Weather-Ready Nation

National Oceanic and Atmospheric Administration

National Weather Service

weather.gov/tornado

National Sleep Awareness Week

PREPARING FOR DAYLIGHT SAVING TIME
AS WE LOSE AN HOUR OF SLEEP



To fall asleep quicker,
dim the lights at night time and
put away your phone
before bedtime.

 Sleep Awareness Week® 2021
powered by the National Sleep Foundation

theNSF.org

 NATIONAL SLEEP FOUNDATION

National Sleep Awareness Week was March 14-20 and is a week long celebration of sleep health. The National Sleep Foundation launched this campaign back in 1998 as a way to raise awareness about the importance of sleep and how sleep can improve health and well-being. Sleep is even more important now than ever before. As the COVID-19 pandemic continues, sleep helps boost our immune systems, which in turn, helps to fight off or limit infections in our bodies.

Here are some helpful tips that can help you sleep better.



Structure

Establish a regular routine and structure. Set times for sleep and wake. Keep or return to structured activities in your days, especially if your schedules changed over the summer.



Light

Spend time in natural light. Whether outdoors or inside, bright daylight helps you feel alert. Avoid napping except for young children.



Electronics

Limit use of electronics before bed. Turn off electronics an hour before bed and keep the room dark, cool, comfortable, and ready for sleep.



Exercise

Exercise regularly. Physical activity increases your drive to sleep at night as well as reduces stress and improves mood.



Prioritize

Prioritize your sleep by reinforcing the benefits of sleep for your family. Model good sleep habits to help children understand the importance of sleep.

Making sleep a priority can have a positive impact on your family's overall health and well-being.

thensf.org

SUPPORT YOUR IMMUNE SYSTEM

Getting enough good sleep has both positive mental and physical effects. Healthy sleep can support boosting the body's immune system, which can help you prevent or limit infection in your body.



Vaccinations can be another way to help prevent illness. Getting enough sleep has been shown to help vaccines work in your body.

 NATIONAL SLEEP FOUNDATION

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Sleep Awareness
Week® 2021

powered by the National Sleep Foundation

CELEBRATE YOUR SLEEP HEALTH

WWW.SFM.ILLINOIS.GOV/

18

Stand Up 4-Grain Bin Safety**STAND UP 4
GRAIN SAFETY****MARCH 29 –
APRIL 2
2021****SEVEN STEPS TO GRAIN SAFETY**

- ❶ Turn off and lockout equipment before entering bins or performing maintenance
- ❷ Never walk down grain to make it flow
- ❸ Place a trained observer outside of the bin in case of an emergency
- ❹ Test the air in the bin before entering
- ❺ Control the accumulation of grain dust through housekeeping
- ❻ Do not enter a bin where grain is built up on the side
- ❼ Use a safety harness and anchored lifeline



OSHA 3957-01-2021

#StandUp4GrainSafety • standup4grainsafety.org • 1-800-321-OSHA (6742)WWW.SFM.ILLINOIS.GOV/

Brain Injury Awareness Month

BRAIN INJURY FACTS & STATISTICS



**EVERY
9 SECONDS**
someone in the United States
sustains a brain injury.

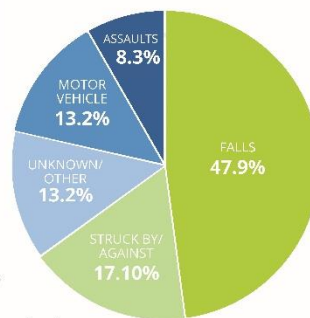
**MORE THAN
3.6 MILLION**
people sustain an
ABI each year.

**AT LEAST
2.8 MILLION**
people sustain a TBI
each year.

TYPICAL CAUSES OF ABI INCLUDE:

- Electric Shock
- Infectious Disease
- Lightning Strike
- Oxygen Deprivation (Hypoxia/Anoxia)
- Toxic Exposure
- Vehicle Accidents
- Seizure Disorder
- Trauma
- Substance Abuse/Overdose
- Stroke

LEADING CAUSES OF TBI



AN ACQUIRED BRAIN INJURY (ABI)

is any injury to the brain that is not hereditary, congenital, degenerative, or induced by birth trauma.

TRAUMATIC BRAIN INJURY (TBI)

is a type of ABI. A TBI is caused by trauma to the brain from an external force.

The number of people who sustain TBIs and do not seek treatment is **UNKNOWN**.

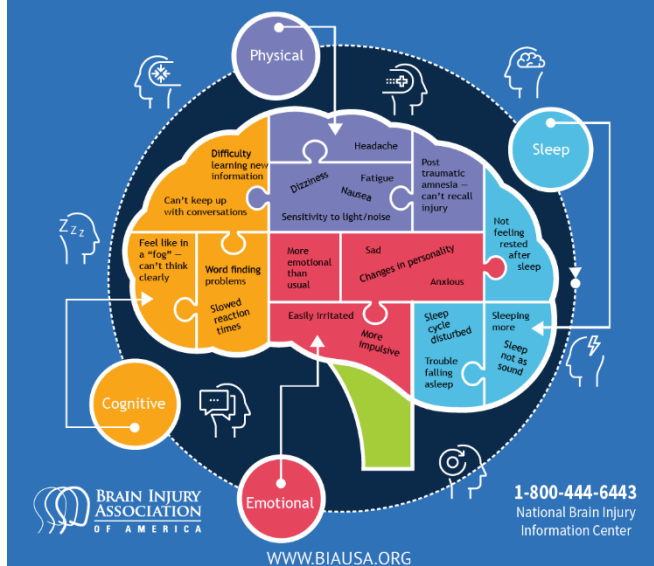
At least 5.3 million Americans live with a TBI-related disability. That's one in every 60 people.



BRAIN INJURY
ASSOCIATION
1-800-444-6443

www.biausa.org

Concussion Signs



March was Brain Injury Awareness Month. Every 9 seconds, someone in the U.S. sustains a brain injury. At least 3.6 million people in the U.S. sustain brain injury each year. The lasting effects of these types of injuries can be serious. The old saying, "I just got by bell rung" days are over. If you sustain a blow to the head and experience signs of a concussion you need to be examined by a trained medical professional.

Join the #MoreThanMyBrainInjury campaign and help educate others about what it's like to live with a brain injury. The campaign aims to raise awareness about these topics:

-Increasing understanding of brain injury as a chronic condition

-Reducing the stigma associated with having a brain injury

-Showcasing the diversity of injury and the demographics of the community

-Improving care and support for individuals with brain injury and their families

Visit

<https://www.biausa.org/public-affairs/public-awareness/brain-injury-awareness> to learn more.

Home Oxygen Use Safety



Portable medical oxygen in the home has grown over the past decade. Medical oxygen adds a higher percentage of oxygen to the air a patient uses to breathe. Fire needs oxygen to burn. If a fire should start in an oxygen-enriched area, the material burning will burn more quickly.

Homes where medical oxygen is used need specific fire safety rules to keep people safe from fire and burns.

SAFETY TIPS

- » There is no safe way to smoke in the home when oxygen is in use. A patient on oxygen should not smoke.
- » Candles, matches, wood stoves and even sparking toys, can be ignition sources and should not be used in the home.
- » Keep oxygen cylinders at least five feet from a heat source, open flames or electrical devices.
- » Body oil, hand lotion and items containing oil and grease can easily ignite. Keep oil and grease away where oxygen is in use.
- » Never use aerosol sprays containing combustible materials near the oxygen.

FACTS

- ! Oxygen saturates fabric covered furniture, clothing, hair and bedding, making it easier for a fire to start and spread.
- ! Smoking materials is the leading heat source resulting in medical oxygen related fires, injuries and deaths.



Post **No Smoking** and **No Open Flames** signs in and outside the home to remind people not to smoke.

Name of Organization Goes Here

Contact Information Goes Here



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

www.nfpa.org/education ©NFPA 2016

Smoking Safety

The number of fires caused by careless smoking continues to rise across the state. These fires are preventable if people use caution and only smoke OUTDOORS! Keep these important steps in mind to help keep you and your family safe.

Smoke outside. Many things in your home can catch on fire if they touch something hot like a cigarette or ashes. It is always safer to smoke outside.

Put cigarettes out all the way. Do this every time. Don't walk away from lit cigarettes and other smoking materials. Put water on the ashes and butts to make sure they are really out before you put them in the trash.

Put your cigarette out in an ashtray or bucket with sand. Use ashtrays with a wide base so they won't tip over and start a fire.

Be alert. Do not smoke after taking medicine that makes you tired. You may not be able to prevent or escape from a fire if you are sleepy or have taken medicine that makes you tired.

Never smoke in bed. Mattresses and bedding can catch on fire easily. Do not smoke in bed because you might fall asleep with a lit cigarette.

Never smoke around medical oxygen. Medical oxygen can explode if a flame or spark is near. Even if the oxygen is turned off, it can still catch on fire.

**Don't Let
Your World
Go Up In
Smoke.**

**Home fires
are preventable.**

Always smoke outside.

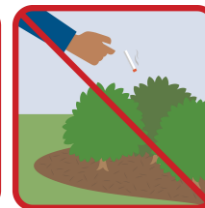
Many things in your home can catch on fire if they touch something hot like a cigarette or ashes. Mattresses and bedding can catch on fire very easily. It is always safer to smoke outside.

U.S. Fire
Administration

FEMA

It's
Everyone's
Right.

Learn more about fire prevention: www.usfa.fema.gov



WWW.SFM.ILLINOIS.GOV/

22

Spring Cleaning Safety

The weather is warming up and that means many will be starting to do some spring cleaning. It's important to understand what not to mix together. Always read the warning labels on the cleaning supplies and follow the manufactures instructions on proper use of the cleaning agent. Always vent the room that you will be using strong cleaning agents in. If you become lightheaded, move out of the room to fresh air.

Certain chemicals mixed together can create toxic gasses that can cause shortness of breath or worse. Never mix bleach and ammonia! Below is a list of chemicals that can cause issues if mixed together.

DO NOT MIX THESE CLEANING PRODUCTS

BLEACH + VINEGAR

Bleach and vinegar mixture produces chlorine gas, which can cause coughing, breathing problems, burning and watery eyes.



BLEACH + AMMONIA

Bleach and ammonia produce a toxic gas called chloramine. It causes shortness of breath and chest pain.



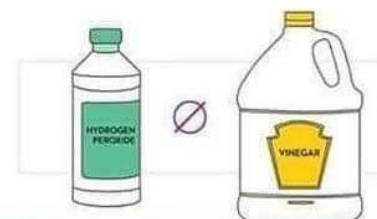
BLEACH + RUBBING ALCOHOL

Bleach and rubbing alcohol makes chloroform, which is highly toxic.



HYDROGEN PEROXIDE + VINEGAR

This combination makes peracetic/peroxyacetic acid, which can be highly corrosive



Spring Cleaning Safety

Keep Your Family Safe From Household Chemicals



Chemicals you use in your home can be dangerous to your health and the environment. To keep your family safe, follow these safety tips when you use, store or throw them out.

Use and storage tips:

- Follow the instructions on the label when you use and store household chemicals.
- Don't mix products. This can cause deadly gases or cause a fire.
- Store products in their original containers.
- Store anything that can catch on fire away from your home.
- Only fill portable gasoline containers outdoors in an airy area. Make sure to place the container on the ground when you fill it.
- Never store materials that can cause a fire in the sun or near an open flame or heat source.
- Store these materials out of the reach of children and pets.
- Use safety locks and guardrails on shelves and cabinets when you store materials. This will prevent them from falling or tipping.
- Wear gloves or goggles when you use these materials.



When you need to throw them out:

- Follow the instructions on the label.
- Aerosol cans might contain chemicals that can burn. If you put them in the trash, they can explode or start a fire.
- If you have a spill, clean the area and put the containers in an airy place. If you cannot control the spill, or are unsure about cleanup and disposal, call your local fire department.



For more information and free fire-safety resources, visit
www.usfa.fema.gov.



Click here to
add image.



Kudos/Shout Outs



Left to Right: Scott Johnson-Statewide Administrator & Chris Lehnert- Storage Tank Safety Specialist

The OSFM congratulates Storage Tank Safety Specialist Chris Lehnert on successfully completing his field training and probation, which totals 6 months. Chris has received this badge and will be working in North Central Cook County Region.

Congratulations



OFFICE OF THE ILLINOIS STATE FIRE MARSHAL

Kid's Corner

Sparky Spies Spring!

I love spring. The world around us wakes up from winter and starts to change and grow. Be a detective and see how many of these things you can find outside...and find some of your own!



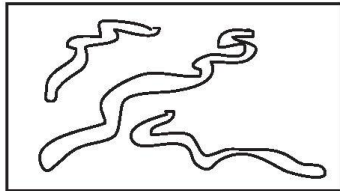
THIS MONTH'S
COOL-TO-DO...



My Spy Spring List:

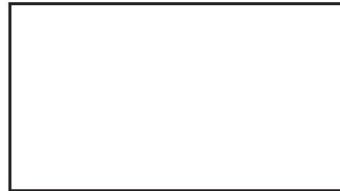
1. Worms

Date _____



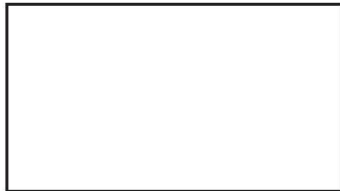
2. Number of Your House

Date _____



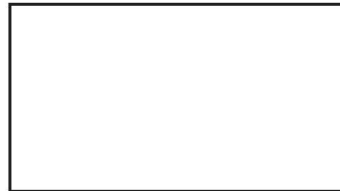
3. Mud Puddle

Date _____



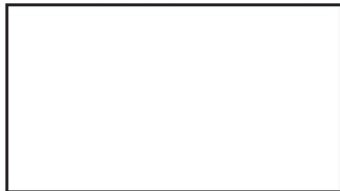
4. Bird Nest

Date _____



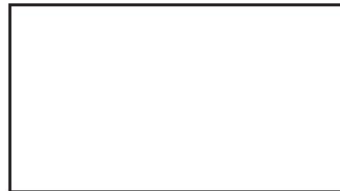
5. Outside Meeting Place

Date _____



6. Fire Hydrant

Date _____



7. _____

Date _____



8. _____

Date _____



The name and image of Sparky® are trademarks of the NFPA.

Kid's Corner



Sparky the Fire Dog celebrated his 70th Birthday on March 18th. Sparky is the official mascot for the National Fire Protection Association (NFPA) and since 1951 has been providing he has partnered with fire professionals, teachers, civic organizations, corporations and the media to deliver invaluable fire and life safety educational messages to children and adults alike.

According to a press release from NFPA, Sparky's website, <https://sparky.org/> has been re-launched with a new look. The high-visibility refresh features an updated design that makes it easier than ever to find videos, games and activities that help educate kids of all ages about fire safety in a variety of interactive formats. Sparky's site works to keep kids engaged and returning entertainment, but to also continue educating in the process.

Make sure to stop by his website and check out all the new and updated content. Happy Birthday Sparky!

